



Pentagon Fit To Win Program

January 2017

Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
4	The Healthy Weigh	1100-1200
5	Diabetes Management	1100-1200
9	Healthy Heart	1100-1200
10	Body Composition and Exercise (Pt. 1)	1100-1200
11	Behavior 4 Weight Mgmt.	1100-1200
12	New Year, New You Health Fair @ Corridors 9 & 10	
13	Why Do I Hurt?	1100-1200
17	Sports Nutrition	1100-1200
17	Prevent Running Injuries	1200-1300
18	The Healthy Weigh	1100-1200
23	Healthy Heart	1100-1200
24	Diabetes Management	1100-1200
24	Body Composition and Exercise (Pt. 2)	1200-1300
25	Meal Planning	1100-1200

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February 2017

Class Schedule

<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	Heart Health Month Health Fair @ Corridors 9 & 10	
6	Healthy Heart	1100-1200
8	The Healthy Weigh	1100-1200
9	Diabetes Management	1100-1200
13	Why Do I Hurt?	1100-1200
14	Sports Nutrition	1100-1200
15	Behavior 4 Weight Mgmt.	1100-1200
15	Prevent Running Injuries	1200-1300
16	Meal Planning	1100-1200
21	Healthy Heart	1100-1200
22	The Healthy Weigh	1100-1200
23	Diabetes Management	1100-1200

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.

Call 692-8898 for assistance



**classes in blue are weight mgmt. classes *classes in red are heart healthy classes *Classes in green are general education classes*

Behavior For Weight Management

Learn motivation techniques and the tools to set realistic goals, control your home and work environment and manage your daily food intake.

Body Composition and Exercise

Trying to get in shape for the New Year? Learn the most effective ways to increase strength, lose body fat and shed those unwanted pounds in this two (2) part series.

Diabetes Management

Learn exchange lists for planning meals as well as carbohydrate counting and managing blood glucose levels if you have been diagnosed with diabetes and/or pre-diabetes.

Healthy Heart (Cholesterol/Hypertension)

The correlation between diet and high cholesterol and/or hypertension, receive up to date information on the roles of anti-oxidant vitamins, omega-three fatty acids, monounsaturated fats, fiber and their effect on your blood lipids.

The Healthy Weigh

Develop sustainable eating habits that feel more like dining than dieting. Learn how to use time-tested nutrition fundamentals and exciting emerging research to create an eating pattern that works for you.

Meal Planning

Understand the importance of a well-balanced diet as it relates to health. Get resources to aid in planning and preparing appropriate meals for you and your family.

Preventing Running Injuries

Identify major running injuries, reasons, and how to rehab them. Identify training principles to enhance running.

Sports Nutrition

Learn the role of carbohydrate, protein and fat specific to sports performance. Calculate the nutrition prescription that will support your activity level.

Why Do I Hurt?

Learn how poor posture, repetitive movements, and aging contribute to injury and pain.

Check us out at www.dthc.capmed.mil